

7. Sugar can cause colon cancer, with an increased risk in women.
8. Sugar raises the level of a neurotransmitter called serotonin, which can narrow blood vessels.
9. Sugar contributes to saliva acidity.
10. Sugar causes food allergies.
11. Sugar can cause cardiovascular disease.
12. Sugar can cause atherosclerosis.
13. Sugar can cause depression.
14. Sugar can cause constipation.
15. Sugar increases the risk of Alzheimer Disease.
16. Sugar lowers the enzymes' ability to function.
17. Sugar can increase the body's fluid retention.
18. Sugar can overstress the pancreas, causing damage.

REFERENCES:

1. Beatrice Trum Hunter, *The Sugar Trap & How to Avoid It* (Houghton Mifflin Co., 1982)
2. Nancy Appleton, PhD., *Lick the Sugar Habit*, (Warner Books, NY, 1985)
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The refining of sugar may yet prove to have been a greater tragedy for civilized man than the discovery of tobacco.

—J.A.S. Dickson, M.D., *The Lancet*, August 15, 1964

Whether therefore ye eat or drink, or whatsoever ye do, do all to the glory of God.

I Corinthians 10:31

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FREEDOM OF HEALTH

SUGAR: SWEET & DANGEROUS



SUGAR.....Sweet and Dangerous

There is a substance that has probably done more damage than cigarettes, alcohol and drugs combined. It is not a primary killer, but a secondary one, and it looks so pure and innocent that few suspect its lethal powers. It is a chemical with the formula $C_{12}H_{22}O_{11}$. It is called sugar. One hundred and fifty years ago Americans average consumption was about fifteen pounds per year. Now we average around two hundred pounds a year per person.

Refined sugar lacks the very B vitamins needed for its assimilation, so it depletes the body reserves of these nutrients and thus is a vitamin antagonist. Also, more experts now believe that sugar is more of a factor in atherosclerosis and consequent heart attacks.

In America most infants are placed on formulas and these mixtures contain sugar. Our children develop a taste for sugar at an early age and this is carried on through childhood into adult life. Candy has been used as the traditional reward for good behavior. Baby foods usually have a lot of sugar in them, and many cereals are as high as 40% sugar. Soft drinks and cookies of many kinds are laden with sugar and it has even been added to some meats.

Pediatricians, who certainly ought to know better, frequently give their little patients lollipops to keep them happy and cooperative, and this custom has even spread to some businesses. Most desserts are saturated with sugar and even canned fruits are soaked in a sugar-syrup.

Many people flavor their coffee with sugar. When you add it all together, the average American eats just about his weight or more in sugar every year.

Granulated or white sugar is deficient in organic salts and nutrients because of the process of refining, and when taken into the body breaks down the cells in order to furnish the blood with the necessary alkaline elements to neutralize the carbonic acid which is formed by the oxidation of the carbon of which the sugar is composed. Sugar is almost pure carbon.

Studies show that sugar interferes with the chemistry of digestion, and is frequently a cause of sour stomach, indigestion, and an acid pH by remaining too long in the stomach. Sugar is also an irritant to the digestive organs and clogs the system. Studies also reveal that sugar frequently causes depression that plagues society today.

Nancy Appleton, PhD., a clinical nutritionist and author of *Lick the Sugar Habit* says: "Every time you eat refined sugar, you throw off your entire body chemistry. Basically it comes down to the fact that we simply do not have the enzymes needed to digest these highly processed sugars—and improperly digested sugars that get into the bloodstream can cause allergies and a whole host of other autoimmune disorders".

Studies also show that refined sugar suppresses the body's mineral balance and immune system. Dr. Appleton observes that for many people wheat allergies arise because wheat is consumed with sugar. "Read your labels," Dr. Appleton warns. "Sugar is the cheapest food filler available!"

Ketchup, for example, is 64 percent sugar, while cranberry sauce is 94 percent sugar.

Studies show that 'sugar' is just as habit-forming as any narcotic; and its use, misuse, and abuse is our nation's number one disaster. It is no wonder when we consider all the products we consume daily which are loaded with sugar! The average healthy digestive system can digest and eliminate from two to four teaspoons of sugar daily, usually without noticeable problems (that is if damage is not already present). One 12 oz. Cola contains 11 teaspoons of sugar, and that's aside from the caffeine. It's the sugar that gives you quick energy, but only for a brief time due to the rise of the blood sugar level. But the body quickly releases a rush of insulin, which rapidly lowers the blood sugar and causes a significant drop in energy and endurance.

It is easy to see why America's health is in serious trouble. If you want to win the race, refuse the cola and candy.

SWEET & DANGEROUS: SOME FACTS

1. Sugar can suppress the immune system.
2. Sugar can upset the body's mineral balance.
3. Sugar can produce a significant rise in triglycerides.
4. Sugar contributes to a weakened defense against bacterial infection.
5. Sugar can cause kidney damage.
6. Sugar interferes with absorption of calcium and magnesium.